

There is nothing that makes our day better than to learn that one of our folks has gotten a job, or paid off that big expense that must be taken care of before they can move forward. Or maybe someone was able to find a bicycle so their trek to work wouldn't be so hard on their feet, or it could be that the news is received that someone who is very ill has finally received a positive report from Disability Determination. It is a privilege to hear the excitement of the children when they run in the office and tell us with unbridled excitement about the cool bedspread their mom had gotten out of the basement for their new room.

There are those who have been homeless for such a long, long time, never having been able to find the stabilization, the structure and the care necessary to move forward. With those folks, it's usually a complicated matter to assist them in finding affordable, stable housing. The struggle is real - harshly real - for some to make it day to day.

Diakonos is our corporate name, a Greek word meaning "one who serves" or "one who provides the basic necessities of life." That is the premise on which this organization was founded. Over the years, we have intensified the meaning of Diakonos. Today so many more services are offered, that when taken advantage of can be a life-changer for those we serve.

We have always been so fortunate to have an incredible Board of Directors. The current board is no exception. They are thorough, fiscally responsible, and take their charge seriously. And also, equally important is that they have an undying a passion for improving the lives of those who need our help.

Running successful programs like we have take all hands on deck. It's a great feeling to know that our board supports the work with the encouragement that we need to move forward and develop this work in the best way possible.

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Diakonos, Inc.
Fifth Street Ministries
PO Box 5217
Statesville, NC 28687
704-872-4045
admin@fifthstreetministries.com
www.fifthstreetministries.com



It's that time of year!

Our shelves are looking pretty bare!!



We especially need elbow pasta, rice, dry beans, sugar, coffee, creamer, and canned foods - green beans, corn, peas, mixed veggies, fruit, tomato products - the #10 cans are great, but we will take all sizes! . You can drop off your donation anytime between 8am - 8pm, 7 days per week, 1421 Fifth Street

Thanks in advance for helping us feed a whole lot of hungry folks.

needs list~

(see above!!)

Salad Dressing
Feminine hygiene products
Deodorant
Paper towels
33 and 55 gallon trash bags

Acetaminophen or ibuprofen (generic) for adults and children

Adult cough and cold meds (liquid or pills)

Children's cold and cough liquid
Tums

Underwear for men and women
Socks

Hoodies

Ethnic hair and skin care products

Single serving items for our homeless outreach program including: Vienna sausage, crackers, tuna, ramen noodles, single serving canned items, etc.
Men's and women's new underwear
Household items - furniture, pots and pans, dishes, flatware, glasses, etc...all it takes to set up housekeeping

A car. We really need a gets good gas mileage car in good condition.

As a matter of fact, we need two. Or a car and a van. In almost 27 years, we have only purchased three "new to us" vehicles, and the rest have all been donated.

Suffice it to say that we squeeze every ounce of good out of donated cars. But, hey. It helps us get folks where they need to be
Lots of good has come out of those squeezed out miles!.

Call us traditionalists...which probably isn't true most of the time...but for our holiday meals, we do not waver! We enjoy this menu both at Thanksgiving (when we serve between 150 and 200) and at Christmas (where the number is usually above 300.) If you'd like to help, the grocery list is at the bottom of the page. If an amount is not listed, just assume that it is "a lot." Items needed for both Thanksgiving and Christmas.

Come help us on one of those days! Your heart will be blessed.

(Email us - pwest@fifthstreetministries.com to reserve your space on the volunteer list. We have several shifts available!)

Holiday Menu at Fifth Street

Roast Turkey

Glazed Ham

Turkey dressing and gravy

Potato Salad

Green Beans

Corn

Sweet Potatoes

Cranberry sauce

Rolls

Tea and Coffee

Assorted homemade desserts

grocery list

(For both Thanksgiving and Christmas-combined)

Turkeys

Hams

Chicken broth

75 lbs onions

100 lbs potatoes

5 gallons mayo

Celery

#10 cans of green beans, corn and sweet potatoes

rolls

Coffee

Tea bags

Sugar

Brown sugar

10 cases cranberry sauce

750 heavy duty paper plates (not Styrofoam)

750 plastic cups

500 hot cups

1,000 heavy napkins

Breakfast items (call for more information - 704-872-4045 or email pwest@fifthstreetministries.com)

my
sister's
house

:: My Sister's House offers safe shelter to victims of domestic violence and sexual violence. There is no doubt that lives have literally been saved through the years. Additionally, victim advocacy, individual and group counseling are offered to any victim of these crimes. Breaking the cycle of violence, offering avenues for healing, and tools for developing healthy relationships are part of what is addressed through these services::

Take a stand against domestic violence

Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by an intimate partner. It includes physical, sexual, psychological violence and emotional abuse. The one constant component is one partner's consistent efforts to maintain power and control over the other.

Domestic violence is an epidemic affecting individuals in every community, regardless of age, economic status, sexual orientation, gender, race, religion, or nationality.

Domestic violence can result in physical injury, psychological trauma, and in severe cases, even death. The devastating physical, emotional, and psychological consequences of domestic violence can cross generations and last a lifetime.

In recent years, domestic violence is being referred to more as "intimate partner violence" (IPV), moving away from the idea that in order for that type of violence to be present, those involved in the relationship must be

living together. Family violence encompasses the children, as well.

2015 statistics—

Iredell County Domestic Violence calls for service (by Department)

Mooresville Police: 654

Statesville Police: 458

Iredell County Sheriff: 1,948

Troutman Police: 113

for a total of 3,173 average 9 PER day county-wide

My Sister's House

FY 2015/2016 Statistics

*244 shelter residents were provided
9,744 shelter nights*

*251 advocacy clients were provided
1409 contacts*

*274 counseling clients were provided
1,660 sessions*

Over 100 support groups held

24-hour crisis line for
victims of domestic
violence or sexual
assault: 704-872-3403



TAKE A STAND AGAINST DOMESTIC
VIOLENCE, AND EXPRESS YOUR
SOLIDARITY WITH SURVIVORS OF
DOMESTIC VIOLENCE AND THEIR FAMILIES
#PURPLETHURSDAY

THURSDAY, OCTOBER 20 IS WEAR PURPLE DAY!
See placard on next page...fill it out,
do a selfie (along with your friends) and
post to facebook using the hashtags in your post.

NOT A FACEBOOKER? NO PROBLEM!!
WE WILL POST IT FOR YOU!
SEE DIRECTIONS BELOW

Send to pwiley@fifthstreetministries.com or
text to 704-682-1768

**I'm taking a stand
AGAINST DOMESTIC VIOLENCE
because**

#TakeAStand

#MySistersHouseIredell

#PurpleThursday



I know. It's a little early to be talking about it. But, it's real. It's happening. And when you have to prepare Christmas for as many folks as we

do, you got to be prepared.

These days we house more families than we ever have in any of our shelters. It's not uncommon for us to be housing forty children between Fifth Street and My Sister's House at one time. It gets a little crazy...but there's no crazy like that around the holidays.

We did things differently for many years, however, the past two years we have set up a Christmas "store" so parents can come shop for their children, giving them the freedom to choose what special items they would want for their children. The supplies are available to wrap the gifts, and even to prepare stockings for their children. This is one way we can turn the memory of being in a shelter for the holidays into a happy one.

There are suggestions for the Christmas store on the next page. Also listed are suggestions for gifts for our adult residents. Keep in mind that the gift that is received from the shelter is most likely the only gift they will receive. Many folks have little contact with family and the holidays can be a little grim...but a gift can always lift our spirits.

We ask that all gifts be new. Please don't hesitate to call if you have questions - and we ask that you have all gifts delivered by Tuesday, December 20. Just drop them off at 1421 Fifth Street any day between 8am and 8pm.

Thanks for helping us make the holiday bright for some very deserving folks!

FOR KIDS

Mega Bloks
Soft toys
Small ride-on toys
Little Tyles toys
Fisher Price toys
Board games for all ages
Craft kits
Playsets
Dolls
Hoola-hoops
Cars and trucks
Garage sets
Anything related to popular kids movies
Melissa and Doug toys
Character costumes
Remote control cars
Skateboards
Scooters
Books
Legos
Simon Swipe Game
Basketballs
Footballs
Handheld games
Headphones
Hair accessories
Jewelry
Bicycles
Ultra Stomp Rocket

FOR PARENTS

Jewelry boxes
Wallets
Perfume/body spray
Aftershave/cologne
Picture frames (if you wanted to be really ambitious, come a week or so before Christmas and make pictures of the children. Frame them for a gift for their parents)
Scarves

Other ways to help:

- Food donations are gladly accepted
- Make a paper chain to decorate the dining room...be as creative as you like. We need miles and miles of them!
- Our adults look forward to Christmas as much as the children. We need items such as thermal underwear, sweaters, sweatshirts, sweatpants, pajama pants, cologne/perfume, jewelry, pocketbooks, flashlights, etc.
- As always, we need lots and lots of knit hats, gloves, and socks to be given out on Christmas Day to the 350+ that share lunch with us.
- Want to help on Christmas Day? We have a limited number of slots available, so sign up soon. We love spending the holidays with you!



run for a reason... salute our veterans

Pumpkin Fest 5K and Fun Run/Walk

In support of Diakonos Veterans Transitional Housing Program

Saturday, November 5

5K begins at 8:30am

Fun Run/Walk begins at 9am

In the circle - Mitchell College on Broad Street - Statesville, NC

Register online - www.racesonline.com

Pre-registration ends October 21

Entry Fees:

\$30.00- Pre-Registration- includes t-shirt

\$30.00- Late Registration

\$10.00- Pre-Registration- 1 Mile Fun Run/Walk

\$10.00- Late Registration- 1 Mile Fun Run/Walk

Schedule of Events

Packet Pick-up- Friday, November 4, 4-6pm in the circle at Mitchell College

RACE DAY - NOVEMBER 5

7-8am - Race Day registration and Packet Pick-Up
8:30am - 5K

9am - 1 Mile Fun Run/Walk

10am - Award Ceremony

hope you will join us!



An Evening of Hope

Benefitting Fifth Street Ministries

Join us for food, spirits, music and an abundance of fun. We'll celebrate the release of the 2016 Card of Hope and auction the original art, a bowl by Bill and Cindy Pitt!

THURSDAY, NOVEMBER 10
6-8 P.M. \$40 PER PERSON

The Sharpe House
402 South Center St.

PLEASE RSVP BY NOV. 7: 704-872-4045 OR ADMIN@FIFTHSTREETMINISTRIES.COM

upcoming events

Our programs are supported by grants and donations from individuals, churches, civic groups, businesses and fundraising. Your support is appreciated as we serve thousands of individuals each year in a variety of ways, addressing the needs of the homeless, the impoverished and those who are victims of domestic and/or sexual violence. Blessings on you for helping us carry out the work of Diakonos into the world where the need is great.

Editor: Patti West
Circulation: Michele Knapp and a whole host of volunteers!
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Please accept my tax-deductible donation in the amount of \$ _____

Donations may also be made by visiting our website - www.fifthstreetministries.com

Name _____

Address _____

If you'd like your gift to be given as a memorial or in honor of an individual or a group, please provide us with the information below.

Circle one In honor of In memory of
Name _____

Special message _____

Name and address of person acknowledgement is to be sent _____

Please mail to: Diakonos, Inc./Fifth Street Ministries,
PO Box 5217, Statesville, NC 28687